**SCIENCE AND TECHNOLOGY OF CONSCIOUSNESS**

**Jimmy Palma**

**What did you think of this reading?**

This reading shows us how important and powerful is the human brain. If people put attention to the mind and do "something" to improve it, the people and society would be better, and this "something" is transcendental Meditation.

**What do you think is the most significant thing you learned?**

The principal goal of the technique is to have the full potential of consciousness because in this state everybody will have a lot of benefits in the mind and the body. With a mind in peace, a person does not have stress and can be calm down and the brain could improve his strengths like intelligence.